

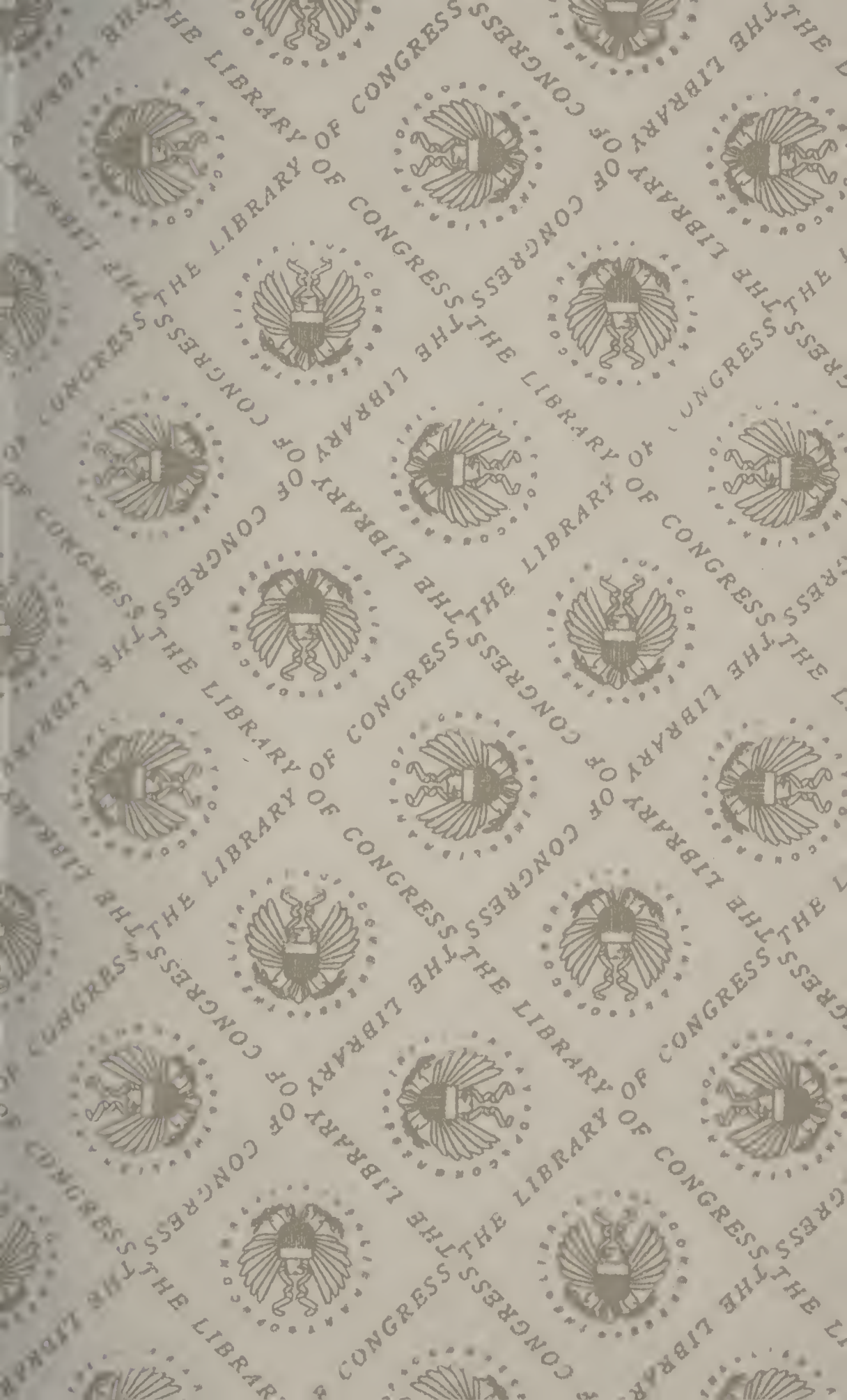
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HOW CORRECT EATING BUILDS HEALTH



ODESSA H. THAYER D. C., F. S. D.

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Spokane, Wash.

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To

Those who realize that if they would have health, be able to work well and think clearly tomorrow, they must live correctly today—this book is dedicated.

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How It Is Built and Maintained

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FOREWORD

The author has made a study of food and its relation to health and disease during a long period of years. These years of research, observation and experience gained professionally, both in the office and by the bedside of the sick, have proved that practically all disease is avoidable, and that in the majority of cases illness is due to wrong habits of living and especially to wrong habits of eating.

The food selected by most persons is devoid of one or more chemical elements necessary to health. In this

haphazard way of furnishing the material for rebuilding the body, for producing energy, and presumably for maintaining health, too much of some elements is supplied and not enough or none at all of some others. Wrong combinations of food often destroy some necessary element in the human system. Wholesome food, combined, as it often is, in such a way as to set at defiance all laws of chemical harmony, becomes unwholesome, producing a poison in the system which manifests itself in various conditions—called disease.

It is an established fact that our bodies are composed largely of organic minerals such as oxygen, nitrogen, carbon, calcium, sulphur, iron, etc. It is also an established fact that

there is but one way of furnishing and replenishing the body with these necessary elements so that they can be thoroughly assimilated and incorporated into living tissue—in such a way as to build strong, vigorous, robust health. And that way is the one the Creator intended when He made foods with necessary chemical elements for repairing and keeping up the tissues of the body day by day.

When we fail to obtain replenishment of these salts from the food Nature has furnished for that purpose, in proper proportions, in right chemical combinations and according to our individual needs — when we fail to do this there are metabolic disturbances such as high blood pressure, diabetes, Bright's disease, pyor-

rhea, tumors, cancers, tonsilitis, stomach and intestinal disorders, spinal troubles and even subluxation of vertebræ of the spine which can be traced to this cause.

In the following pages, step by step, as free from technical terms as possible, the author has shown which foods or combinations of foods create the above troubles; how the food is taken into the tissues; why certain foods destroy and why others build up and renew the body and build health and strength.

PART I.

THE ENERGY OF THE BODY HOW IT IS BUILT AND MAINTAINED

PART I.

THE ENERGY OF THE BODY

How It Is Built and Maintained

Proper food, or the word “dieting,” often presents to the average mind a picture of a thin, emaciated person with a pale, long-drawn-out visage, scrawny neck and uncertain steps—that is, if he or she is able to take any steps at all.

When we associate dieting with starvation we show lack of understanding of the basic principles upon

which our bodies are built. For dieting, when properly understood and correctly followed, produces health, a brightened outlook on life and a spirit of independence that can be gained in no other way. The man who knows why he is well, or knows exactly why he is sick—knows the cause and how to remove it—is certainly more independent than one who goes through life blindly. It is easy enough to know these things if one will but give the matter a little intelligent thought. There is nothing vague or mysterious to unravel. There are a few fundamental principles in regard to quantity, quality and combinations of foods, and their far-reaching effects in the human system, that every one can easily master.

The most idiotic statements that a physician or practitioner could make to a patient are, "Eat anything that agrees with you," "Follow a reasonable diet," "Be careful about what you eat," "Food has nothing whatever to do with your condition." They show that such a doctor is totally ignorant of the basic laws of chemistry, of the fundamental principles of health and even of life itself. Therefore, he is not capable of giving intelligent advice to the sick, and when thus advised it is time for the layman to look for a sensible doctor. Many foods seemingly disagree when the fault lies entirely with the combination of foods—and not with any specific article of diet.

What is it that furnishes the energy of the body? What is it that enables us to work, to think, to live? What **WHAT BUILDS** is it that rebuilds and **BODILY** renews the body? What **ENERGY?** is it that builds resistance to disease? Is it not a fact that all these depend chiefly upon correct eating?

If we fasten a tight band around the arm or some other part of the body so that it interferes with the blood supply to that part, the arm will finally atrophy, shrivel up and die. If the bandage is removed before too much destruction of tissue has taken place, the arm will again fill out and become normal. Why? Because through the lymph and blood streams it is again being furnished with the

necessary elements for renewing and restoring dying tissues.

If we stopped eating entirely, the body would soon begin to weaken and waste, and in time death would result, because the body was not given the energy-producing, tissue-building elements: iron, calcium, phosphorus, fluorine and others, without which man cannot exist regardless of any other method he might employ in an attempt to offset the inevitable results of lack of food (or building material) in the system.

There are those who tell us that the body and the processes of living are not in any way the result of chemical action or of proper chemicals in the system. Very well, go without food (chemical ele-

**CHEMICAL
ACTION
OF FOODS**

ments) indefinitely and see. Every one has known or heard of death resulting from lack of food (chemical elements and proper chemical action) in the body. Also we have known of many cases where people were made sick through eating some one food or wrong combination of food. Why? Unfavorable chemical action.

I once met a young woman who was extremely nervous. She was heard telling a friend that she could not possibly get along without a lot of candy every day and that she never got hungry and cared for nothing else to eat. I thought, "The time is not far distant when she will either get along without so much sweets every day and eat some wholesome food or else some one will be obliged to help

her 'get along' to the cemetery." Later I heard that she was suffering from pernicious anemia, and had been placed in a sanitarium. Why? The result of unfavorable chemical action in the body, and the lack of certain necessary elements in the system that only *real* food can furnish. While the candy furnished calories, it did not furnish iron, phosphorus and other elements that the body *must have* if it is to remain well.

How is the nourishing and rebuilding of the tissues accomplished?

**REBUILDING
THE BODY** First: Food, if thoroughly masticated, goes through the first step of digestion by being mixed with the saliva in the mouth. This saliva is furnished by numerous small glands,

but principally by six large ones, three of which are situated on each side of the mouth in the lower jaw and under the tongue. These glands were made to furnish the saliva that promotes digestion. When food is swallowed without chewing, it cannot mix with the saliva sufficiently to aid digestion. Especially is this true of starchy foods. For this reason, chiefly, I seldom advise the use of mushes. One does not chew mush. Therefore it ferments more or less in the stomach and intestines, and when sugar has been added, fermentation is increased. Moreover, if the various mineral elements have been removed from the grain, leaving just the starchy portion, mush is a positive injury to health.

The next step of digestion takes place in the stomach through the action of the gastric juices. But if the first step (thorough mastication and insalivation of the food in the mouth) has been neglected, more or less fermentation of the food will take place in the stomach in spite of the best efforts of the gastric juices. This is especially true of the starchy foods.

In the stomach the food is thoroughly churned and mixed with the gastric juice through muscular action. When it has been converted into a liquid mass it is emptied through a little gateway, the pyloric orifice, into the duodenum or upper part of the small intestines, where another step in digestion takes place through the action of the trypsinogen

and bile — fluids furnished by the pancreas and liver and emptied through a small duct into the intestines. Incidentally, a sluggish liver is often the cause of constipation. The fluids furnished by the pancreas and liver are, normally, of an alkaline character and complete the digestion of starchy foods—provided the starch has not already undergone fermentation due to insufficient salivation in the mouth before swallowing, or because it has been combined with foods that are chemically antagonistic.

The liquid mass of food, after passing into the small intestines, is called chyme. It is passed along by peristaltic or worm-like motions of the intestines, into another part called the jejunum, and on into the last part

of the small intestines called the ileum, where the remaining portion, the part that has not been absorbed by the walls of the small intestines, is emptied into the large intestine or colon, through a little gateway, the ileo-cecal valve, situated in the lower right side of the abdomen. This is the beginning of the colon or large intestine, and here, at its beginning and below the ileo-cecal valve is a blind pouch, the caecum, to which is attached the appendix. The material in the intestines can no longer go downward at this point, but must go up hill through the ascending colon, thence across the upper part of the abdomen, through the transverse portion of the colon, finally passing down in the descending colon.

In a sluggish condition of the colon this waste will not pass upward as quickly as it should. Thus it may cause an irritation or inflammation of the cæcum, accompanied by heat and pain, a condition that is sometimes mistaken for appendicitis. Inflammation of this part of the colon, if prolonged, may extend to and include the appendix, and if neglected may finally be one of the causes of appendicitis.

Sluggishness of the intestines produces a poisonous condition of the system through the absorption of poisonous waste that should be eliminated. The first symptoms being a dull, drowsy, lifeless sort of feeling.

Constipation may be produced by

various causes. Lack of exercise, overwork, worry, sleeplessness or anything that has a tendency to lower one's vitality—anything that proves to be a tax on the system, an insufficient amount of nerve force in the affected parts, refined foods—those that have all the coarser parts removed, insufficient mastication before swallowing and distention of the intestines from gas. But the principal cause is failure to respond promptly to Nature's calls.

Eat coarse foods and put the teeth to the use for which they were made. If Nature had intended that we should live on refined, soft, mushy foods and to swallow them without chewing she would not have gone to the trouble of making teeth.

Eat whole-wheat bread, bran bread,

vegetables and fruits—but not all at one meal.

Drink three or four glasses of water a day, unless there is some good reason (high blood pressure, for instance) for not taking liquid. Nor is it necessary to drink water enough to make a fish of one's self, except to overcome certain acute attacks. Usually too much water is not good for one, nor too much of anything else, for that matter. Moderation in all things is the price we must pay for health, and it can be paid for in no other way.

If the nerves that control the bowels are being interfered with, that condition must be corrected by Chiropractic adjustments. However, the effect of the adjustments will be

**NERVE IN-
TERFERENCE**

only temporary if one worries continually, neglects Nature's calls, overworks, overeats, underexercises, eats improper food or lowers the vitality through any excess. The causes here enumerated, undoubtedly, produced an interference with the nerves in the first place and can certainly do so again. That is one reason why some people must take so many adjustments before getting well. It is the principal reason why they fail to remain well after they are through taking adjustments. They have not been taught the fundamental causes of disease and how to avoid them.

When the liver is in a normal condition it furnishes a natural laxative for the bowels. Pain in the lower right region of the bowels may be due

to gas pressure. Gas pressure on a sensitive ovary can cause excruciating pain. A pain in the right side of the bowels, or any part of the bowels, for that matter, does not necessarily mean appendicitis. Go without eating for a few meals, drink plenty of water, and do not again overeat or combine antagonistic foods. Give Nature a chance. She will not cure you in spite of yourself.

In the walls throughout the length of the small intestines there are glands that absorb portions of the liquified food as it passes along toward the colon. The liquids taken up by these glands are emptied into the lymph and blood streams and by this means are carried to all parts

**HOW THE
TISSUES ARE
RENEWED**

of the body (now get this) for the purpose of furnishing heat and energy, and the necessary chemical elements for rebuilding the various tissues.

Now we come to an important question, the correct answer to which means, in your case, one of two things—strength, efficiency, health, and even life itself; or, on the other hand, sickness, inefficiency, premature old age and an early grave. The question is this: “What kind of material is being carried to all parts of your body?”

Does it include sufficient calcium to keep the bones and muscles of the body in a healthy condition? Your heart will not function properly if there is not enough calcium in the

blood stream for the normal contractility of that muscle. And bones, especially those of the growing child, may be in an unhealthy condition, and in extreme cases there may be rickets or tuberculosis of the bone unless they are furnished through the food eaten with enough calcium for health and normal growth.

Does your blood contain sufficient fluorine for the teeth, enough to keep them from decaying and in normal condition?

A case was brought to my notice of a child who, from an early age, had been given all the sweets she wanted. At the age of sixteen not only were all her teeth decayed, but the jaw bone itself had become affected. A dentist to whom the girl was taken for exam-

ination had insisted that blood be drawn from her arm, a serum made of this and then injected in order to cure the condition. He did not say one word about correcting the girl's diet. Imagine anything more ridiculous! Not one word about removing the cause!

Is there enough phosphorus in the blood stream to keep brain and nerves in good alert condition? If not, how can you expect them to function properly; to be conductors of the vital, the life force of the body?

Does your blood carry sufficient solvent to prevent hardening of the arteries and the consequent high blood pressure? It is asserted that we are as old as our arteries.

Is there enough iron to furnish the

red blood corpuscles with sufficient power for carrying oxygen to the tissues at every heart beat? If not, how can anemia and other undesirable conditions be prevented?

When these vital organs are suffering from lack of proper chemicals, how can these needed chemicals reach them except through the stomach in the food eaten? And if the restoring elements are not furnished the system will do its best to maintain a normal condition by drawing upon its various parts in an effort to maintain a balance to the best advantage. Hence, the entire organism will suffer and ultimately give way, in spite of any "new healing system," prop or fad that one may use in an effort to

produce the results that *correct food alone can produce*.

Naturally the answer to the foregoing questions will depend upon the food eaten. If the food was principally the starchy kind of the refined variety, the kind that has been robbed of the hull, outer layers and germ, then it has also been robbed of the iron, calcium and other elements so essential to health. It cannot, therefore, furnish the lymph and blood streams with the necessary elements for building a strong vitality, robust health and a clear, efficient mentality.

“If the groundwork is not right, if the material out of which a building is constructed is not all that it should be, how can the building be what it ought to be?”

If your daily meals are composed of white bread, potatoes, flour gravy, meat, cookies or cake and tea or coffee, then you cannot be well in every sense of the word, because such foods, while furnishing calories, do not furnish the previously mentioned chemical elements that are so absolutely necessary for the rebuilding and for the maintenance of the healthy body. Add to the above meal some acid fruit, or pie made from acid fruit, and you have an ideal diet for building rheumatism, neuritis, hardening of the arteries, high blood pressure and premature old age. Vast numbers of persons are proving every day to those who have thinking minds that it is impossible

to maintain continuous, dependable health on a diet of that kind. Such a diet will overwork the liver and kidneys, overload the tissues, clog the blood vessels and turn the contents of the blood vessels from a normal alkaline state to an acid condition. And yet folks wonder why they are sick.

If something went wrong with an automobile from the use of unsuitable gas or oil, one would know enough to change to a better grade of fuel or lubricant. An automobile may run for a time on any old kind of oil, any old kind of gasoline, but it will fill up with carbon and wear out the pistons if good oil and good gasoline are not used. Yet many appear to think they can run their bodily machine on any old kind of fuel (food) and get the

same results as if the best were used. How they do complain when they are disappointed!

Not being satisfied with depriving the system of the tissue salts through eating mostly of the refined foods (starches), many housewives, when they have vegetables, cook them in much water and then drain off that water. In doing so they throw away the tissue salts that have boiled out of the vegetables—the part that the system needs most and must have if one is to be well. Fruits, too, when being prepared for the table, are usually spoiled by the addition of sugar and sometimes spices and an indigestible mess is concocted, one that aids in producing nervous troubles. When

**TISSUE
SALTS**

fruit is not palatable without sugar it should not be eaten at all ; also it is a health-destroying habit to eat fruit butters, jams and jellies with bread.

Food of the above kind and mixture will ferment in the stomach and intestines, and since this sour, fermenting mess is the only thing at hand for the small glands lining the walls of the intestines to take up and empty into the blood stream there is sure to be trouble somewhere when it is distributed throughout the system. It has been said that a chain is no stronger than its weakest link. And the weakest link (organ in the body) will be the one to give way first, and which organ gives way will depend somewhat upon the predisposition of the person, upon the age, the occupa-

tion and the climate. If one becomes stiff, sore, logy, has rheumatism, palpitation of the heart, pyorrhea, tonsilitis or other unpleasant symptoms, if wise, he will realize that the trouble began at the dining table and that it is time to correct his methods of living.

By the use of such foods as have been enumerated we change the alkaline basis of the body to an acid condition, which leaves in its trail all kinds of trouble, and instead of attacking the primary cause, namely, correcting the bad habits of life, many begin to look for some kind of help outside the body—some hocus-pocus, ism or fad—going from one thing to another through many years or even a lifetime, being propped up a little

here and there, until finally the props of various kinds can no longer stave off a life of invalidism or a premature grave.

The majority of people believe that the cause of their trouble is something vague and mysterious, something beyond their own control, and therefore they go around looking for some kind of vicarious atonement, usually growing a little worse after each experiment; or as time elapses they turn to the new pastime of trying to enlist sympathy from relatives, friends and even unsuspecting strangers, enlarging and expanding upon each ache and pain. They seem to take great pleasure in explaining that they have violated the laws of their being and made miserable failures of

themselves when it comes to taking proper care of that instrument—the body—which has been given them for the purpose of enjoying life.

The most cherished privilege of human liberty, it would seem, is to overload the stomach and then growl at the consequences.

When the food taken into the stomach and intestines is devoid of calcium, fluorine, phosphorus, iron, etc., ill health follows in spite of all the props, isms, fads and cults that may be used in an effort to maintain health. “Whatsoever a man soweth, that shall he also reap.” So if sickness, inefficiency and failure be ours, we should cast about for the cause and remove that, instead of treating effects.

Any time one is in physical trouble—and the same will apply to most of the mental and financial troubles as well—if one is not satisfied with his condition he can eliminate the trouble by changing his methods of thinking and living.

The sour, fermenting material produced by eating wrong foods is carried through the blood to all parts of the body. Then is it any wonder that disease is built instead of health, and that as a result the liver, kidneys or other organs of the body may be overworked in trying to overcome the poisons?

Then what does one do? As a rule one gets busy and tries to stimulate the organs to do still more work. Why not lighten the burden and keep

it lighter by proper methods of eating? That would be too simple and perhaps not exactly scientific (according to the modern acceptance of the word). What most folks want is some remedy that is mysterious, something that they do not just exactly understand, and because they do not understand it they think it must be something very wonderful, and, having some kind of blind faith in its efficacy, their mental attitude of itself will sometimes prove of temporary benefit.

In an effort to aid in eliminating the toxic material produced by wrong eating habits the mucous membranes that line the various cavities of the body may become inflamed, and then we

CATARRH

have a condition known as catarrh. This condition can be gotten rid of entirely, and is being overcome constantly by those people who are willing to put forth the necessary effort. But I want to say right here that in all the years of my practice I have never yet known of one person being permanently cured by any method whatever of a catarrhal condition of either nose, ears, bronchial tubes, stomach, bowels, uterus or elsewhere who continued to live on a diet composed of refined foods — starches, sweets and an oversupply of the dairy products. One may find a little temporary relief here and there, through various methods, but it is only temporary and can be nothing else so long as the cause remains—so long

as the blood stream which nourishes these sensitive linings is overloaded with the toxic material produced by bad habits. And yet some one will say, "My stomach never hurts; therefore I know what I eat has nothing whatever to do with my troubles, with the catarrh in my nose or the rheumatism in my leg." If such a person were capable of a little wisdom he or she would try dieting before making such an idiotic statement. Such a person is seemingly unaware that eating is for the purpose of rebuilding the body, or else he thinks the body can be built from any old thing that can be spiced, sweetened, flavored or mixed sufficiently to coax it past the palate. And just so long as it tastes good, never mind

or give any thought as to what it will do when combined with the gastric juices in the stomach and with all the other foods that are put in at the same time. When the mass explodes, fills the system with gas and acid, irritating the nerves, overworking the liver and kidneys, the person vaguely wonders why the organs are not doing their duty — and goes to some one for consultation, to see if he can find out what mysterious thing it is that prevents the kidneys or other organs from remaining well—while they are being continually overworked.

It is then that one gets busy, takes something or does something to stimulate them, and for a while they may take a sudden new lease of energy,

just as would a tired horse when the whip is applied—but that does not prevent the horse from falling exhausted in a short time, nor the kidneys or other organs from becoming entirely worn out. Anything that will stimulate stomach, liver, bowels, kidneys or heart while they are continually being overloaded only hastens the end; and I care not by what method it is done, call it treatments, adjustments or drugs, or what you will, they all amount to the same thing in the end.

Anemic conditions, impoverished blood, irregular heart action, the loss of tonicity in the muscles, the failure of blood to coagulate properly in case of injury, and in fact all the

**THE CAUSE
OF DISEASE**

ills to which the human family is heir, except those caused by accident, are due primarily to the fact that the food eaten has not met the requirements of the system.

One woman who came to consult me said: "Oh, I know what I can eat and what I can't eat. I have studied myself for a long time—years in fact, and I know what my system needs most in the matter of food."

"Then, Madam," I said, "why are you so fat?" Why are you carrying around twenty-five or thirty pounds of superfluous lard? And why do you have the hemorrhoids of which you have just been complaining? And why, as you say, does your stomach have spells of aching and burning if you know what to eat? It is plain

that you either do not know or else you are lacking in will power.”

It is possible to build catarrh in less than a week's time, and the same can be said of rheumatism and so-called neuritis, by following a diet composed largely of refined starches, dairy products, meat, and of living generally in a way to lower resistance—overwork, overplay and under-rest.

Some one may say, “Well, there are so many ideas on diet these days that one does not know who is right or who is wrong, whom to follow or whom not to follow. I will admit that there are many questions of diet, some of them being mere pipe-dreams. Nevertheless it is better for one to investigate, get busy and use his own gray

matter a little, than to sit down at the fork of the road and whine because he does not know just which way to go. Get busy and find out.

Some folks seem to labor under the impression that if the system is not being given the materials essential to health it will use whatever it has and will make that into whatever elements are lacking. Nature will do the best she can in that direction, but it has been proved through experiments upon various animals and fowls that she will take some elements from one part of the body to feed another in order to keep up the whole. But it has been proved that in time the entire structure will suffer, and death is the result unless the elements are supplied in the food that

Nature has given for that purpose.

Showing what the system will do, for instance, take a very fleshy person. Let him stop eating or let him omit the foods that are rich in calories and he will get thinner. Why? Because the system is using up his fat in maintaining the heat and energy of his body. Just so will Nature rob one part of the system in an effort to supply another, and in time the whole organism will suffer.

When one is not feeling well he should eat very lightly, or, better still, omit a few meals, instead of trying some means of whipping up the appetite and thereby further taxing an already overloaded system.

We hear much about food values, or the nourishing properties of food.

They will do no good unless the system is able to handle them. For instance, if the system is run down and the powers of digestion, assimilation and elimination are below par—in other words, in a weakened and abnormal condition—the system will be able to handle only a very little food, or until rested, perhaps none at all—and yet some will say he needs food, feed him. Suppose your house is cold and you need heat very much. If you go down to the furnace and dump the amount of fuel needed to heat the house onto a weak blaze you will soon have no fire at all, the chances are—not even the weak blaze you had in the first place. You have put it out entirely. The same effect will be produced on the life of a sick

individual when one insists on feeding him when his system is not able to handle the food, and that applies no matter how much he may need it. Let us use a little common sense in dealing with this body—at least as much as we would use in dealing with a furnace or an automobile.

PART II.

THE BODY AS A WHOLE.
MAINTAINING ITS HEALTH.
HOW AND WHY DISEASE
DEVELOPS.

PART II.

THE BODY AS A WHOLE

*Maintaining Its Health—How and
Why Disease Develops.*

The foundation of ninety-five per cent of all diseases is laid in the stomach and intestines. **STOMACH AND INTESTINAL DISORDERS** Stomach and intestinal disorders can be found wherever man is found.

We may miss many of the serious diseases on the road through life, but who has not at some time or other suffered from either acute or chronic stomach and intestinal disturbance?

Usually these troubles begin in infancy, when mothers, through mistaken kindness, overload baby's stomach by feeding him too much and too often. The little stomach being unable to digest the overload thoroughly, the food ferments, produces so much gas and acid that the pressure causes intense pain. Then baby clinches his little fists, turns red in the face and sends up to high heaven a protest against this that his mother is doing to him.

Loving mother then dandles him on her knees, daddy walks the floor with him half the night and tells the neighbors that the poor little dear has the colic. Frantically mother gives baby one thing and another in an effort to remove the *effect*, the cause

of which is so simple that she fails to see it or try to remove it. Just how well she succeeds in her efforts to remove the *effect* is told in the death rate of thousands of babies each year.

Gas fermentation in stomach and intestines, of either child or adult,	
GAS IN	may be caused by many
STOMACH	different things, but
AND	the primary cause is
INTESTINES	overeating.

After the stomach has been abused until it can no longer function properly, then most any food will have a tendency to ferment and produce gas more easily than it otherwise would. But the foods that produce most trouble are starches and sweets, such as bread, potatoes, both Irish and

sweet, dry beans, dry peas, mushes and so-called breakfast food, tapioca, spaghetti, rice, macaroni, hot cakes, doughnuts, pies, cakes, cookies, puddings, candy, jellies, jams and rich preserves. These foods are rich in calories (heat and energy producing) and are valuable in the human system if used with judgment and discretion; otherwise they will certainly cause trouble for the one using them.

When one is starch poisoned to the extent of producing an acid condition of the system, or has

AN ACID	of the system, or has
CONDITION	eaten too much acid
OF THE	fruit, then relief can
SYSTEM	often be had by miss-

ing a few meals and drinking several glasses of water a day, and then eating meat alone for a few meals or a

few days as the case may be. In hot weather, however, once a week is often enough to eat meat unless there is an acid condition requiring it. Fresh meat should not be eaten with starch, especially the cereal starches. The idea that meat creates acid in the system is a mistake. The acid is created by wrongly combining other foods with the meat.

Parenthood is the only calling of importance upon earth today that one
PARENTHOOD may enter in total ignorance. Yet it is the most important calling of all to the individual, the family and the nation. People can, without the least preparation or even serious thought upon the matter, take on themselves the mission of parenthood. For that rea-

son many fathers and mothers are making failures of their jobs and helping to fill the world with sickness and misery. When a babe comes into the world sick — abnormal — either mentally or physically, or later proves to be incorrigible, he has been robbed of his birthright. But how many parents are wise enough to trace the cause to their own acts?

It is easier to blame Providence than it is to practice self-control or poise, or to put forth the mental effort and will power necessary to learn how to care for the human machine, and the little human machine for which one is responsible. For, bear this in mind, fathers and mothers, you are either knowingly or unknowingly responsible in a large measure

for the physical and mental condition of your child, be that condition good, bad or indifferent.

With the many books and magazines obtainable today dealing with these subjects there is no excuse for ignorance on this matter, just as there is no excuse for ninety-five per cent of the sickness in adults.

The baby's second summer is seldom accomplished without further
CUTTING stomach and intestinal
TEETH disorders. The heat is
generally blamed for
it, because the mother does not know
how to feed her little one within rea-
son and according to season. She
builds more heat in his little body
than it is able to handle, since it must
resist the enervating outside heat at

the same time. Bodily resistance is lowered, the food is not properly digested; it ferments, and as a balancing measure Nature tries to get rid of the offending poisons by throwing quantities of the bodily fluids into the intestines in an effort to wash it out. Then mother says baby has summer complaint or diarrhœa, or blames his sickness to the cutting of teeth. And that seems to be the cue for a lot of officious meddling — getting busy, making a great show of doing something, when a sensible, scientific letting alone is the only safe, only dependable and sane way. Usually food is changed. First one kind and then another is tried, and even more of it is given with the idea of “keeping up the strength” and also something

or other is done in an effort to force the already overworked and weakened system to digest and assimilate this overload of food. The popular foods and mysterious preparations given in these cases have been robbed of their life-giving elements, thus further enervating the child's system, because such foods are potentially acid (acid-forming). When ill, the little one's system already contains too much acid and Nature is saying so in plain language. The giving of food—and especially refined foods largely used under such circumstances—is nothing short of criminal and is often directly responsible for adenoids and diseased tonsils. In acute attacks where there is temperature no food at all should be given to either

child or adult. Nothing but water and a little fresh unsweetened fruit juice.

The neighbors come in often to see how the baby is getting on and to help keep him amused and entertained. The **KEEPING THE PATIENT QUIET** sensible thing is to keep the child quiet, away from neighbors and noises—and this applies to adults as well. It is criminal for neighbors to come in and visit for an hour or so in a sick room. In many cases the patient is made worse and the sickness prolonged by just such “kindhearted” neighbors. If some of their kindness could be diverted into the channel of common sense it would be much better for the patient.

Keep the baby's feet hot, no matter how hot the weather is; sick babies can become too cold even in hot weather; and therefore they should have artificial heat — not enough, however, to make them perspire, unless sweating is necessary. Use judgment in the matter. Wash out the bowels and give no food until the child is feeling better. Boil water and give him this as often as he will take it. He may have it either hot or cold, as he prefers.

When he is feeling better obtain certified milk (raw milk), bring this to the boiling point, add one-fourth boiled water and give him this; or if milk can be obtained direct from the cow, give it to him while still warm with the animal heat, adding the

boiled water. If no unpleasant effects follow, give him more of the milk and water in four hours, and then after another four hours give him a little fresh (uncooked), unsweetened fruit juice, such as orange juice, dewberry juice or blackberry juice. The blackberry juice would be preferable in cases of diarrhœa. Feed this juice once a day. It should be strained through a cheese cloth or fine sieve. Feed the milk four times a day, giving but little at first, gradually increasing the quantity as the child improves, and gradually decreasing the amount of water in the milk until whole milk is given—warm of course. When the child is out of all danger he should be given unpasteurized (raw) milk. He will then be getting

all the vitamins that come in milk. Give the child nothing but water at night and give him all the water he wants at all times.

Should the baby be given Chiropractic adjustments? In some cases,

certainly. But re-

**CHIROPRACTIC
ADJUSTMENTS
FOR THE BABY**

member that the tender spine of the baby should be treated

with care. See to it that heavy rough hands are kept off his back. Remember that a very sick or a very weak person, baby or adult, can be overstimulated through any kind of manipulation, call it by what name you will, if it is not given with proper care.

When a child is eleven or twelve months old he should have whole-

wheat toast or whole wheat crackers on which to chew. But take care to see that he swallows no hard lumps. These hard foods exercise the teeth, and if you want him to have good strong teeth, continue to see that he has exercise for them, instead of feeding him mushes and soft foods all the time. At this age he may be given carrots or spinach put through a sieve. He may also have raisins and figs, treated in the same manner. Some one will say, "Well, aren't you going to recommend mushes with sugar and an occasional cookie?" No, positively not. The baby is not to have any of these things unless you want to build adenoids, enlarged tonsils, bad teeth and lay the foundation for all sorts of children's

diseases. A little thoroughly cooked oatmeal or cracked wheat porridge may be given with milk—without sugar.

I have been consulted by mothers who, when told to feed Johnny or Mary properly, would say: "He won't eat that," and, "He doesn't like toast, he doesn't like vegetables." Or "Mary will not eat toast and butter. She wants mush and sugar, cookies, mashed potatoes, meat broth, flour gravies." To which I usually reply: "Madam, if Johnny is to be allowed to dictate the method of his treatment why do you come to me?" Or, "If Mary must have cookies, sugar on her mush, etc., instead of plain, wholesome food, who is to blame?"

The trouble with Mary and Johnny

in such cases is the fact that they failed to select a sensible mother. Such mothers give no serious thought, or at least no intelligent thought, to providing proper conditions for health. They want their children cured in spite of bad habits. Unfortunately that cannot be done.

Various methods employed in an attempt to counteract the effects of bad eating habits may give temporary relief; but just so long as the *cause* remains the child will continue to be troubled with enlarged tonsils, adenoids, colds, etc. And the best recipe I know for building these troubles is mush with sugar, cookies, jams, jellies, preserves, cake and cheap candy, or too much candy

**ENLARGED
TONSILS AND
ADENOIDS**

of any kind, for that matter. One can get enough sweets in raisins, dates, figs and a little honey occasionally.

Then is the child never to have candy? Only a little pure candy on rare occasions. Too much sweets, as stated before, have a tendency to destroy the calcium in the system, and as a result various troubles often follow. Flour gravies, mushes that are practically all starch—those robbed of the vitamins, iron, calcium and other essential elements, aid in producing ill health in either child or adult, also having a tendency to lower the mental efficiency of the adult and to prevent the child from being as bright and alert in his studies as he otherwise would be.

The above recipe is equally effective in building diphtheria, bronchitis, etc., and as a **BUILDING DISEASE** child grows older he may have eye troubles, tubercular conditions, abnormal heart action, and in girls irregular or painful menstruation. As one advances in years, if the cause has not been removed, there is sure to be either high blood pressure and hardening of the arteries, or rheumatism, Bright's disease, neuritis, prostatitis, tumors, cancers, shortness of breath, lack of endurance; too much fat or too little; mental inefficiency; premature old age, and finally a premature grave. Many other diseased conditions could be mentioned that are due primarily to a wrong dietary.

Some one will say, "I thought those troubles, especially rheumatism, were caused by an infection." And just why

RHEUMATISM tion." And just why
AND did you think so?
NEURITIS

Rheumatism, like much other sickness, is caused by a poisonous condition — auto-intoxication—brought on primarily through wrong eating habits. "Well, but I thought it was my tonsils or my teeth." Granted that in very rare cases it may be the tonsils or the teeth. Then the question is: Why did the tonsils or the teeth go wrong in the first place? Simply because they were not being given, through the blood stream that furnishes them with nourishment, the proper food for keeping them in a healthful condition.

But to return to childhood troubles. There comes that delightful time of childhood when children slip out into the back yard and eat green apples. Almost any child can remember that the green apple did not always cause regrets, that one day the apple seemed to cause a terrible stomach ache, and on another day there was no trouble at all, and he even ventured to eat two or three green apples that day.

Then the question is, "Why?"

It was the company the green apple was forced to keep after it got into the stomach that caused it either to raise a row or to remain peaceful.

Food is composed of chemical elements. Chemical elements opposed to each other produce violent reactions when combined. Just so with

antagonistic foods when combined in that human laboratory—the stomach. What had the mother given the child to eat at the meal before the apple was eaten or what had he on his own initiative taken from the pantry? A correct answer to these questions will answer the question of why the green apple caused trouble one day and caused no trouble on another day.

Too much food, or wrong combinations, always weaken and poison the body by filling it with gas and acid. Usually this occurs to such an extent that trouble is caused with that nerve center — the spine. For food poisoning is a source of irritation that reflexes to the muscles of the back, causing them to contract, draw-

NERVE

PRESSURE

ing the vertebræ out of alignment or too closely together. In this way the nerves that emerge from little openings between the vertebræ are impinged or pressed upon. This pinching of the nerves, this shutting off of nerve force, is always communicated to some organ, muscle or tissue of the body, and then we have a secondary cause of disease. Nerve pressure is a cause that may continue long after the primary cause has been removed, paving the way for chronic ill health.

In case of subluxation where the vertebra has been drawn or thrown out of alignment, the
CHIROPRACTIC cartilaginous disc
ADJUSTMENTS between the two adjacent vertebræ is pressed upon, and if continued the cartilage will grad-

ually become thin. Usually this occurs on one side only, giving the vertebra a chance to settle down into a new and permanent position unless it is replaced by skillful adjustments. *Skillful adjusting* does not mean any old kind of a punch given in the back. It is not necessary to be rough, seldom is it necessary to cause real pain in giving this thrust, unless there is already a sore condition of the surrounding tissues. The thrust should be given scientifically and a sufficient number of times over a period long enough to give the cartilage a chance to build up again, and to give the relaxed ligaments sufficient time in which to regain their normal tone. This will assist in holding the vertebræ in correct position, thus remov-

ing the pressure on a nerve that has to do with the transmission of vital force to some organ, muscle or tissue.

Then the question arises, seeing that the vertebræ are back in correct position, does it mean that they can not be subluxated (moved slightly out of alignment) again?

No.

Does it mean that one can go ahead and disobey all the laws of Nature and common sense and show absolutely no regard for the chemical combinations of food and their effects upon the body?

Yes, one can and may do this if he wants to go back over the same or worse road of ill health than the one he has just escaped. For there is no method today, call it by whatever

name you like, that can be successfully used to take the place of the law of cause and effect.

The same disregard of natural laws of chemical combinations of food in the system will bring back the same harmful results. And this is the reason why some people find that Chiropractic adjustments do not give them permanent relief. That is why some say that their vertebræ will not stay in place even after they have been adjusted a sufficient length of time. It is a well-known fact among *observant Chiropractors* that the vertebræ designated as "stomach place" (that part of the spine which we adjust to relieve pressure on the nerves leading to the stomach) will not stay in correct position when one con-

stantly overeats or eats improper foods. The same is true of other portions of the spine when other organs are overworked.

Creating a poisonous condition in the system by filling up on too much food, is a common
CAUSE OF cause of subluxation
SUBLUXATION of the vertebræ as well as the common cause of all other troubles. Subluxations caused by falls, sprains and wrong postures are comparatively rare, unless there is first a weakened condition of the system brought on through wrong habits of living. This poisonous condition causes the muscles of the back to contract, drawing the vertebræ out of alignment, or drawing them too

closely together; then naturally there will often be trouble.

This is a truth that is being demonstrated daily by people who, seeking palliation, try one thing and then another—try everything except removing the cause.

It is well to understand that the pinching of the nerves, or nerve pressure, is a secondary cause of disease. The first cause of all disease being a violation of Nature's laws. It is ridiculous to think that the Creator strung the bones of the spine together so loosely that they will just slip out of place without any cause whatever, or to think that He created little devils in the shape of germs, always on the lookout, ready to jump on one,

to enter one's system and destroy one without any cause whatever.

Certainly the vertebræ of the spine do get out of alignment sometimes, but there is always a cause, and that cause is the first thing to take into consideration. And certainly germs do sometimes cause trouble; but since there can be no such thing as an effect without a cause, the cause of their doing so is the first thing to take into consideration.

Germs will not become destructive to the system; they will not thrive and multiply as enemies of the body unless the conditions have been made right for their doing so. In time, germs, as well as misplaced vertebræ, may set up a condition that will prove to be a secondary cause of disease.

If the vertebræ are not put back into proper alignment we have a secondary cause of disease through pressure on some nerve, thus preventing the vital force from flowing to certain parts of the body.

A woman who had had trouble with her heart for over two years came to consult me. She had been very fond of sweets, starchy foods, pepper, candy, chow-chow, jams and jellies, flour gravy, fruit butters and rich preserves. Of course she had eaten some wholesome food, but not enough to counteract the effect of the stuff that is not food in its broadest sense. I found a subluxated vertebra pressing upon nerves that aid in controlling the heart. I put it back, and

**PERMANENT
CURES**

this required some little time to do, and corrected her diet.

Upon recovery she asked, "How soon can I go back to eating as I used to?" I said, "Whenever you are ready to invite a return of your heart trouble." "Why," she exclaimed, "can't I ever go back to eating as I did?" "Yes, certainly you can," I told her. "And you can also go back to having heart trouble as you had it. The thing that brought it on in the first place can, and most certainly will, bring it back again, or cause some other trouble."

As one outgrows childhood the chronic troubles of adult life begin, and the name the disease bears depends somewhat upon the location, the age, the occupation, the climate

and the predisposition. In one it may be tumors, diabetes or Bright's disease; in another it may be pyorrhea, stomach and intestinal disorder or asthma, and in yet another it may be the heart, the hardening of the arteries or cancer.

But they are all produced by one and the same thing, namely, the violation of Nature's laws—a failure to recognize and respect the demands of the system. In other words, a poisonous condition brought on through the inability of the system to eliminate sufficiently the overload that has been put upon it, producing faulty nutrition, and this is done chiefly through too much food, wrong combinations, overwork, worry and lack of poise.

It has been claimed that a weak stomach is a sign of long life; that it warns the person and refuses to let enough food by to overwork some vital organ, while in those with strong stomachs disease may creep insidiously upon them. Many cases of rheumatism, hardening of the arteries, tumors, cancers, etc., have been found in persons who claimed they did not know they had a stomach, so far as ever feeling pain or distress was concerned, that they had always eaten anything they wanted as often as they wanted it.

Usually such people, a short time before their trouble was discovered, smiled in derision when some one mentioned diet. They would say,

“Nonsense, cranks; why it is not my stomach at all. Aside from having a little uncomfortableness here and there I am just feeling fine, and I eat anything I want. Look at me! I have never known what real sickness is, and I know that what I eat has nothing whatever to do with it.”

When suddenly, one day, they come down with a stroke, or find that they have some malignant trouble. Then, and ever after that, if they intend to stay any length of time on this earth and do so in comfort, they will be obliged to show at least a little respect for the stomach—whether it complains or not. For the vitality and resistance that was stored up in the bank of health has been carelessly used up; the account has been overdrawn,

and in most cases it can be overdrawn only once more, and that will be the end; the time will have come to pay. Correct daily method of living is the only thing that will give security and permanent relief.

Some one will say: "Well, look at Mr. Blank. He eats more than I do, and anything he wants, and he does not have catarrh or rheumatism." Or, "Mrs. Blank is never sick, and she just eats everything at the luncheons and teas." What some one else does or does not has nothing whatever to do with your case. Mr. Blank may have been born with more vitality; he may be differently constituted; his work may require less nerve energy, less tax on the system in general than in your case. He may have conserved

his health in times gone by when you squandered yours. Perhaps Mrs. Blank does not borrow trouble and worry as you do. There are many things that could easily make a difference. Therefore the only sure road to health is for every one to learn his or her own limitations along all lines and respect them—there is no other way.

Among the things that aid in bringing on undesirable conditions is
WORRY worry. I once knew a woman who took great pride in the fact that it took her a long time to make up her mind about anything. She worried over all the possible and impossible phases of any question, and over what might or might not happen whichever way she

might decide until she was in a highly nervous state. She would not stop worrying even after she had made up what she chose to call her mind, thinking that perhaps it might have been better had she decided otherwise. As a result her health was never good. Finally domestic troubles that had been brewing for some time reached a climax, and her mind as well as her health seemed to be giving way under the strain. She decided to consult an old friend, a doctor whom she had known for many years and in whom she had utmost confidence. He said to her: "Decide what you want to do about a matter and then let it alone; forget it; don't be forever changing your mind about it." It is better for one's health and

happiness to decide even the wrong way sometimes and get it over with, than it is to be forever brooding over a thing until one becomes a mental and physical wreck. Don't hold on with one hand and let go with the other. Relax and say, I have done the best I could under the circumstances, and then go on about some other business.

Adopting this plan she found life more satisfactory, got a brighter outlook and improved health as a result. It is an absolute fact, however, that one will not have the same tendency to worry if the body is kept in good condition through correct eating. A poisonous condition or auto-intoxication brought on through wrong eating habits irritates the ner-

vous system, causing one to be cross, cranky, irritable, nervous and given to spells of despondency and worry.

Worry does not accomplish anything except to produce a state that seems to call for more worry. Many people are too sensitive, carrying around a chip on the shoulder, waiting for some one to knock it off, and pitying themselves because others seem not to understand. A most despicable attitude is self-pity, and is found only in one of a selfish disposition. Suppose some one did say or do something that did not seem just or right. Can we afford to make ourselves miserable over the ignorance of the other fellow? As a rule, he really does not know any better, and we should so consider him. If we go

around feeling constantly grieved or injured over some injustice, be it real or imaginary, we are not getting the best that life has to offer. It is worse than a childish waste of time.

Some persons seem proud of the fact that they “break down” or bring on diseased conditions through overwork, and while it is more laudable than overeating or scattering one’s forces through other forms of dissipation, it is, after all, a form of selfishness, and we pay just as dearly as for violating Nature’s laws in any other way. There is always a price attached to everything—and we must pay, and pay individually. It cannot be done vicariously. When we have made our choice we should pay grace-

fully and not raise great objections about our suffering and set up a howl of self-pity for having to pay the fiddler after we have danced.

Hence, any trouble we may have is, as a rule, something we have brought upon ourselves, either knowingly or unknowingly. We have earned it. It is ours. It belongs to us, and if we do not like it, all we need to do is to correct our method of living and thinking and the results will then be beneficial.

PART III.

CORRECT FOOD COMBINATIONS

PART III.

CORRECT FOOD COMBINATIONS

The decidedly starchy foods are:
Hubbard squash, potatoes (both Irish
and sweet), dry beans,
STARCHY dry peas, b a n a n a s,
FOODS bread, corn bread, so-
called breakfast foods, tapioca, rice,
spaghetti and all foods made from
grains. These foods should not be
eaten by adults oftener than once a
day unless one is doing hard manual
labor. Never more than one starchy
food should be eaten at a meal. For
instance, if you have potatoes do not

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eat bread or other starchy foods.

Since the body weight contains only about one per cent of starch, how can we expect the system to do anything but build trouble in trying to utilize the overload of starch eaten by the average person? As a rule, the starchy foods may be eaten with milk, butter and the non-starchy vegetables. It is never advisable to combine them with any other foods—especially if one's health is not all that it should be.

The principal non-starchy foods, those containing but little starch or

NON-STAR- CHY FOODS	none at all, are: Beets, cabbage, as- paragus, carrots, turnips, cauliflower, kohlrabi, rad- ishes, lettuce, green peppers, summer
------------------------------------	--

squash, spinach, chard, endive, oyster-plant, Brussels sprouts, dandelion and all kinds of greens.

Non-starchy foods may be eaten with almost any other kind of food; the more of these and the less of starchy foods we eat the better—except in some special cases.

The acid foods are: Rhubarb, buttermilk and fruits—practically all kinds of fruit except the banana. Vinegar, too, is an acid. The acid foods combine nicely with nuts, cheese, cream, non-starchy foods, fish, fowl and meats of all kinds.

Fruit containing so much acid that it requires sugar to make it palatable should not be eaten at all. Do not spoil fruit by cooking it when you

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can have it raw. When raw fruit disagrees it is not the fault of the fruit. There is something wrong with the stomach or the fruit has been wrongly combined with other foods.

Acid foods and starchy foods always fight. Hence they should not be eaten at the same meal. Do not combine bread and fruit sauce, oranges with toast, grapefruit and toast, or other acid food with toast or starch, unless you consider your health a secondary matter. Those people who make a daily practice of eating the acid foods and starchy foods at the same meal are surely building trouble for themselves faster than they realize. Sooner or later a diseased condition of some part of the body will manifest itself, and there is nothing

that can be employed successfully to counteract the bad effects of injudicious eating. The habit must be given up if health is to be regained.

Meat and vegetables should never be seasoned until after they are cooked and are ready to serve—not even with salt.

Vegetables should be cooked in very little clear water, cooked down until there are only a few spoonfuls of water left, and this extract should be served with the vegetables. When vegetables are cooked in a large quantity of water and the water afterward thrown out, the system is being robbed of the best part, the salts including iron, calcium and other body-building elements, which are boiled out of the vegetables. These salts the

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human system needs most, and **MUST HAVE** in generous amounts if one is to maintain health. For this reason it is best to eat some raw fruits or raw vegetables every day—say a large dish of combination vegetable salad, fruit or a fruit salad—for then we know we are not losing the necessary elements nor changing them in the process of cooking. Some persons advocate an all-raw food diet, and in some cases it is undoubtedly best. On the other hand, many stomachs and systems are not in a condition, and in some instances have reached the point where they cannot be put in condition to handle an all-raw diet. And the same will apply to any one-sided idea, such as the no-meat diet or the all-meat diet, all-fruit,

all-milk or an exclusively vegetable diet. Many of the vegetarians I have known are starch-poisoned. In fact, most people eat too much starch. However, those who exclude meat from their diet are more likely to become starch-poisoned than those who live on a mixed diet.

Let us use a little common sense—watch the quantity, quality and *combinations of food*, in fact use the same ordinary sense in the business of living that is used in conducting any other business. The lack of good sense in our habits of living is responsible today for ninety-five per cent of all sickness.

In acute cases, and even some of the chronic cases, mono-diet (one food at a time) would be the sensible plan

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to follow temporarily; namely, the milk diet, vegetable diet or vegetable juices, meat diet, fruit or fruit juices, or whatever is indicated, avoiding those things, of course, that deplete rather than build up the system. Often a complete fast for a few meals or a few days is the best possible thing to do.

Prunes, figs or raisins, or other dried fruits should not be boiled unless they are being given to a baby, when cooking will be necessary in order to put them through a sieve. For the adult wash the fruit thoroughly, cover with boiling water and allow it to soak over night.

Tea, coffee and cocoa are mainly stimulants, and when the nervous system is over-stimulated by their

use trouble is sure to follow. Therefore a person who is not feeling well, if wise to his own interests, will let them alone, or at least take them in moderation.

The following menus show the correct combinations of foods. They are intended for those who wish to remain well, and any one in health can remain well by eating correctly, other things being equal.

**CORRECT
MENUS**

These menus are not designed to cure any special ailment; those whose resistance has been lowered to the point of bringing on some diseased condition should consult a food specialist. Many persons, when not feeling well, need special instructions in diet and then some one to stand over

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them with a club to see that the instructions are followed. Many sick persons think they know which foods are best for them and which are not. Sick folks should readily realize that following their own ideas of eating is responsible for their trouble. Therefore they should be willing to follow instructions given by those who possess the knowledge and experience necessary to aid in restoring them to health. But alas! such is the exception and not the rule. They follow instructions under protest, as though they were conferring a favor upon the doctor by following his advice at all.

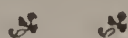
You will note that in the following menus two starches are not combined at one meal, and there is no combin-

ing of starches and acids. Then the question arises, is one never to eat pie? If you are feeling perfectly well you may, on rare occasions, eat pie and some of the other disease-producing concoctions, and be able to get away with it; but if you wish to remain well you will not make it a daily habit.

It is utterly impossible for one to remain well and eat in the prevailing haphazard way, no matter what method he may use in the hope of setting aside the law of cause and effect. And this is a fact that is being proved by the various preventable disease conditions we meet on every hand, and that in spite of the ever-growing number of doctors and practitioners of various kinds.

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MONDAY



BREAKFAST

Toasted Biscuits Butter Milk



LUNCH

Fresh Unsweetened Fruit

Cottage Cheese or Cream Cheese

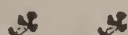


DINNER

Mutton Spinach Parsnips

A Raw Vegetable Salad

TUESDAY



BREAKFAST

Prunes, Raisins or Figs

Milk if desired



LUNCH

Peas

Cauliflower

Bran Gems

Butter



DINNER

Boiled Onions

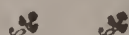
Baked Potato

Butter

Bacon

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WEDNESDAY



BREAKFAST

Cracked Wheat cooked in double boiler four hours

Thin Cream—No Sugar Glass of Milk



LUNCH

Combination Vegetable Salad Milk



DINNER

Meat Sliced Tomatoes

String Beans or Other Non-Starchy Vegetables

THURSDAY



BREAKFAST

Toast Butter Bacon and an Egg



LUNCH

Fruit Salad or Just Plain Fruit

Glass of Milk if desired



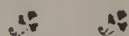
DINNER

Roast Pork Apple Sauce Spinach

Turnips

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FRIDAY



BREAKFAST

Fresh Fruit Nuts



LUNCH

Vegetable Soup
Graham or Whole Wheat Gems

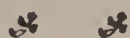


DINNER

Fresh Fish Spinach
Raw Vegetable Salad or Fruit Salad

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SATURDAY



BREAKFAST

Baked Apple Cottage Cheese

Glass of Milk



LUNCH

Corn Bread Vegetable Salad

Milk



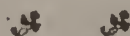
DINNER

Baked Hubbard Squash Beet Greens

Carrots or Turnips

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SUNDAY



BREAKFAST

Baking Powder Biscuits

Butter, Honey or Maple Syrup



DINNER

Meat Spinach Cauliflower Vegetable Salad

Fruit Jello with Whipped Cream



LUNCH

Toast and Milk, or any of the following:

Ice Cream Melon Fruit

You may have been taught that milk with fruit is not a good combination, that the acid curdles the milk. Milk must be curdled before the system can use it. And in many instances it is better for a weak stomach if the milk is curdled before it is put into the stomach.

For a person who is doing manual labor, starchy food is permissible twice a day, and may be added to the preceding menus. Starchy food, and starch in combination with other foods, should be used with care, however, for starch is one of the acid-producing foods. Other potentially acid foods are: Coffee, tea, cocoa, pie, cake, flour gravy, pickles, mushes, polished rice and all white flour products.

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Some one will make a haphazard effort at following the above menus and then add macaroni and cheese, pudding or pie, coffee or cake, and say he tried the menus and found they did not benefit. It is not sufficient to ALMOST follow instructions. If you were about to make a journey and almost caught the train you would be just as bad off as if you had missed it a mile. Or, as some one has said, "If you almost got into heaven and failed, where would you be?"

Some seem to think that if they follow the instructions and then add a spoonful of this or that to what has already been outlined, it can do no harm. But it certainly does harm if continued. Often it is enough to keep

the trouble going—to maintain an acid condition in the system.

SALADS

1. Fill a bowl half full of finely chopped cabbage, add an apple, celery, pecan nuts.
2. Cabbage or lettuce, cucumber, tomatoes, a small onion.
3. Cabbage, raw grated carrots, tomatoes.

One may add any of the non-starchy vegetables preferred to these salads. Do not use cooked vegetables in these salads.

Cabbage, lettuce, and in fact all of

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the vegetables should be fresh and crisp. But they should not be allowed to stand in water more than a few minutes. A better way is to wrap them in a damp cloth and place on ice, or put them in a cool place in a tightly covered vessel or paper sack with the top well closed to keep the air out. All salads should be used immediately after being prepared. If allowed to stand they become more or less indigestible.

In preparing fruit salads, the banana should be omitted by persons not feeling well. Any other fruits or combinations of fruits may be used. Fruit salads, like vegetable salads, should be used immediately after being prepared and should not be allowed to stand.

SALAD DRESSINGS

One egg.

Three tablespoonfuls of vinegar or
lemon juice.

One tablespoonful of oil or melted
butter.

One-half teaspoonful of sugar.

One-fourth teaspoonful of salt.

A dash of red pepper.

One-half cup of condensed milk.

Beat the egg thoroughly, add all of the other ingredients except the milk. Stir well and place over a kettle of boiling water, stirring all the time until the mixture becomes thick. Remove from the fire and stir the milk in slowly, set in a cool place. When used for fruit salad a little whipped cream may be added. Mayonnaise

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dressing, the recipe for which can be found in almost any cook book, is also permissible.

The previously mentioned salad dressings or any others containing acid should not be eaten very often by those who have an acid condition—a tendency to rheumatism or neuritis. If the salads contain tomatoes, apples or other acid fruits, they have enough acid to make them palatable, and quite enough so far as the health of most persons is concerned. One may use oil and a little salt.

VEGETABLE SOUP

Use any of the non-starchy vegetables preferred, put them through a

food chopper and cook in clear water until tender; remove from the fire, add salt and meat broth from which all grease has been removed, or milk and a little butter may be used instead of the meat broth, and serve at once. Never let soup stand for a few hours and then heat it up again; in fact, all foods should be prepared fresh for each meal.

Warmed-over foods are not so easily digested, and in many cases they are the direct cause of indigestion, stomach and bowel troubles.

Vegetables should be cooked just barely long enough to become tender, and should always be cooked in a little clear water only. When vegetables are cooked for a long time and with meat, broth or grease, they become an indi-

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gestible mess and prolific of all kinds of trouble.

WHEN NOT TO EAT

Yes, there are times when one should not eat, because eating would mean suicide, slow perhaps, but none the less sure. Do not eat when cross or cranky, when not feeling well, when in pain or when tired.

Keep the bowels open. In acute cases where there is temperature, an enema should be taken every day, even though the bowels may have been moving daily, and no food should be given. It is nothing short of criminal to feed a patient who has fever, especially in acute cases. Not one

teaspoonful of milk, broth, soup or anything else, other than clear water and a little fresh unsweetened fruit juice should be given. To say that one needs food for the fever to work on in order to keep from destroying tissues of the body is rank nonsense. In acute cases of any kind, feeding the patient who has fever prolongs the trouble — sometimes to a fatal ending. **STOP ALL FOOD UNTIL THE FEVER IS GONE.**

A sluggish condition of the bowels often precedes other diseased conditions. Keep the bowels clean, don't overload them. Anything that is lowering the vitality must be discovered and removed. Vitality may be lowered by worry, overeating, overworking or by a combination of wrong liv-

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ing habits. Good health can be had only by paying the price daily, and that price is right living.

During the summer one will not suffer from the heat nearly so much

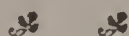
**WARM
WEATHER
MENUS** if he will live on vegetables, fruit, melons and milk. One doing

manual labor, however, will need more starchy food. He should add whole wheat bread or a baked potato once a day to the following menus. Also, the growing, active child should have whole wheat bread or cracked wheat once a day — no sugar. Many folks complain of the high cost of living, yet they spend good money on sugar for use on breakfast foods — even though it surely builds sickness and doctor bills

for them. It is always best to eat enough of one, two or at most three, things at a meal—the greater variety the more danger of fermentation and indigestion.

<i>Warm Weather Menus</i>

MONDAY



BREAKFAST

Pears with Milk



LUNCH

Clabber Milk or Sweet Milk

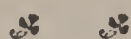


DINNER

Vegetable Soup Graham Gems

<i>Warm Weather Menus</i>

TUESDAY



BREAKFAST

Peaches Milk



LUNCH

Vegetable Salad Eggs

Fruit



DINNER

Green Beans Tomatoes Parsnips

Warm Weather Menus

WEDNESDAY



BREAKFAST

Berries Milk



LUNCH

Corn on the Cob Milk if desired



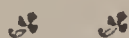
DINNER

Baked Potatoes Bacon Butter

Lettuce

Warm Weather Menus

THURSDAY



BREAKFAST

Watermelon



LUNCH

Fruit Salad Milk



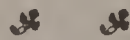
DINNER

Summer Squash Buttered Beets

Fruit Meat

<i>Warm Weather Menus</i>

FRIDAY



BREAKFAST

Apples Pecan Nuts



LUNCH

Buttermilk

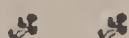


DINNER

Spinach Raw Vegetable Salad
Eggs

Warm Weather Menus

SATURDAY



BREAKFAST

Musk Melon



LUNCH

Ice Cream Plain Cake



DINNER

Boiled or Baked Onions

String Beans Tomatoes

<i>Warm Weather Menus</i>

SUNDAY



BREAKFAST

Cherries

Or Other Fruit



DINNER

Ice Cream Fruit



LUNCH

Cup Custard Toast

Butter Milk

The preceding menus are simple, but many of the foods given are concentrated, are easily digested and sufficiently nourishing during hot weather for those who live more or less artificially.

If, however, one is living normally, spending considerable time in the open air, or doing manual labor, he may eat differently.

But those spending most of their time in the house or office who add the usual starch-meat-and-sweet conglomeration to these menus are the ones who complain of the heat, and are usually the ones who, when the first cold weather appears in the fall, send a hurry-up call for the doctor on account of rheumatism, sore throat, tonsilitis, etc.

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Why? Their summer eating put the system in condition to develop just such troubles at the least provocation. We should take a hint from Nature and eat the foods she furnishes us in season.

SUMMARY

Dieting simply means a scientific combining of foods in order to meet the chemical requirements of the system, in order to furnish energy, in order to rebuild and renew the body, thus preventing diseased conditions.

Chew all food thoroughly. That is what teeth were made for; they did not land in the mouth just by accident. Any food not thoroughly prepared in the mouth before swallowing is a tax on the stomach. The

starchy foods especially, should be thoroughly masticated in order to prevent fermentation.

Live principally on the natural unrefined foods, and especially to overcome constipation, eat the coarse foods that provide bulk—unless there is a condition of the stomach or bowels that too coarse food would aggravate. Vitamines and all the other essential elements can be found only in natural foods. It is a mistake to expect to find them in artificial foods, those that have been manipulated by the devices of man to such an extent that Nature would never know she had produced them in the first place.

Too much of sweets and starches is responsible for most of the ills of humanity. Such foods are potentially

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acid. Children will not have adenoids, neither will they be subject to tonsilitis if fed in a sensible manner. The habit of feeding them mushes that are practically all starch — the kind that have had the bran, germ and other valuable parts removed, and then adding sugar, giving them cookies, cakes, candies and rich foods in general, and allowing them to eat between meals, are primary causes for so-called children's diseases, and often the foundation for chronic troubles in later life.

When not feeling well use the good sense shown by most animals. Stop eating until the trouble is under control, and never mind what "they say." Meddlesome neighbors and "wise-acres" must say something.

Keep visitors out of the sick room and keep the patient quiet.

Worry and discontent are second in the scale of causing disease. Poise, rest and relaxation conserve vitality and are great restorers of health.

In catarrhal conditions, avoid the overconsumption of dairy products—milk, cream, eggs, and especially butter; also avoid excess of starch. Catarrh cannot be cured by any method under the sun unless such foods are used in moderation.

Nerve pressure is a secondary cause of disease, and after being relieved through Chiropractic adjustments can be brought on again and again through wrong habits of eating.

Use Chiropractic adjustments whenever they are indicated, but

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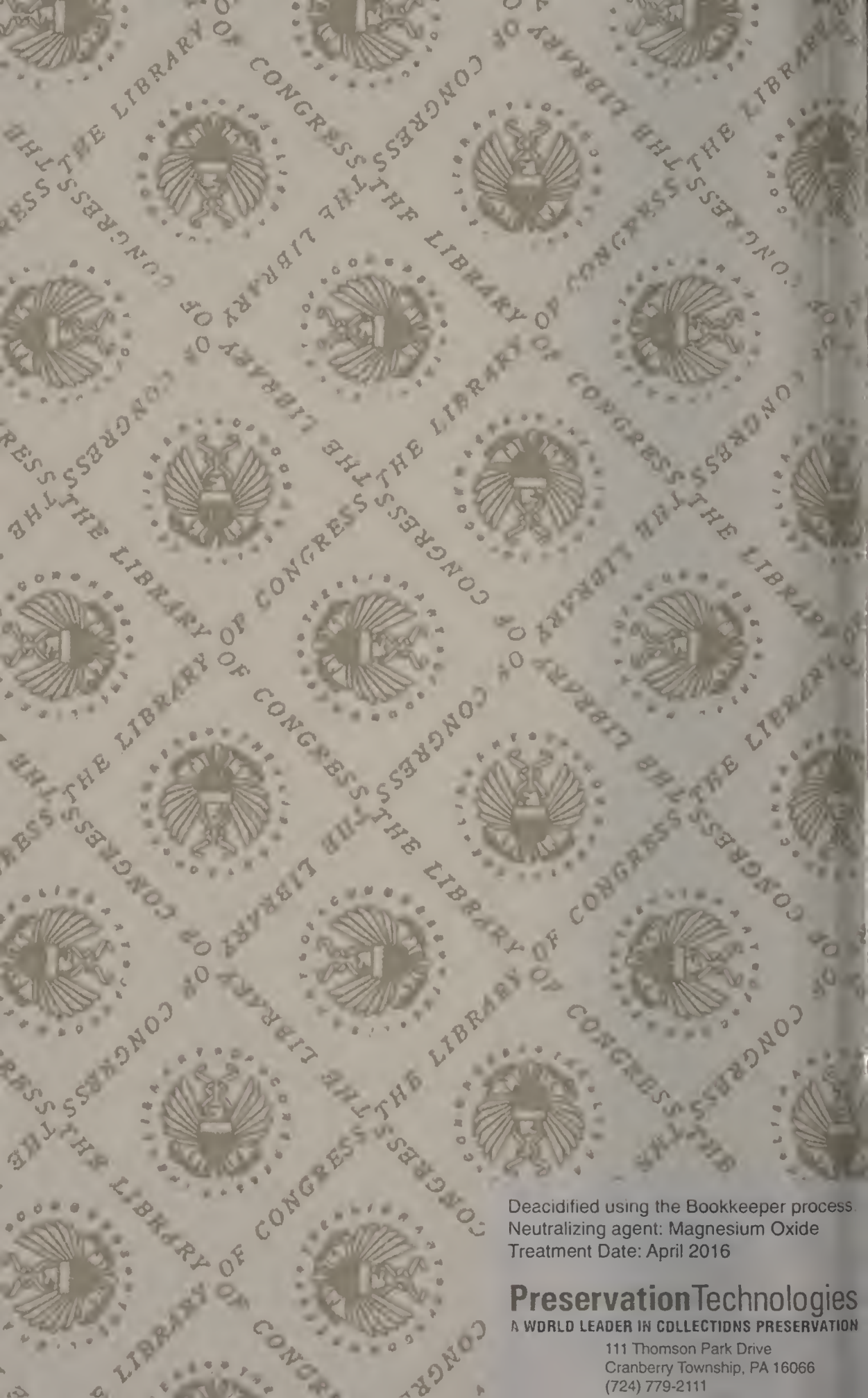
avoid the Chiropractor who is lacking in intelligence to the point of telling you that your habits of living, and especially your habits of eating, have nothing whatever to do with your trouble. Remember that a Chiropractor or practitioner of other methods of healing who makes such a statement is either ignorant of the fundamental laws of health and even of life itself, or else is looking for more business. (The author has practiced Chiropractic for many years.)

Any system of healing that does not include as its basis correcting the daily habits of the patients, and especially their diet, will ultimately fail. Correct food is the important thing; without it man cannot live in health,

and all that any other system of healing can do is to act as a prop, which, when it loses its efficiency, must be discarded for some new prop—some other system or fad.

THE END

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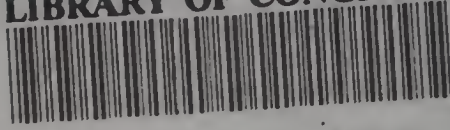
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